

Santa Clara Senior Center *News*

October 2011

JOIN US FOR SOME HALLOWEEN FUN. THE ANNUAL SANTA CLARA SENIOR CENTER COSTUME CONTEST

Monday • October 31 • 12:15 p.m. in the Auditorium

Wear a costume or just come to watch and have fun.

After the costume contest we will show the movie "*Dr. Jekyll and Mr. Hyde*", starring Spencer Tracy, Ingrid Bergman and Lana Turner. Refreshments will be served.

Holiday Craft Faire

Saturday • November 19 • 9:00 a.m.–2:00 p.m.

The Holiday Season is fast approaching and the Senior Center is ready to help! This year's Craft Faire is packed with talented artist and crafters. Don't miss your chance to purchase beautifully hand-crafted gifts for all the "nice" people on your list! This year's Faire will showcase items from many different disciplines, including woodworking, knitting, photography, ceramics, jewelry and more. While you wander through the booths listening to holiday music, make sure to have a cup of hot chocolate from our snack bar where you can find breakfast, lunch and snack items.

Senior Center Adopting City of Santa Clara Furlough Schedule

Due to unprecedented City of Santa Clara budget deficits and in an effort to balance insufficient municipal revenues against expenditures, City staff have adopted an unpaid furlough schedule. January 14, 2011 marked the first furlough day and staff have been furloughed approximately one day each month thereafter. Beginning Friday, October 7, 2011 the Senior Center will adopt the City's Furlough schedule by opening only for Dining Out (10:30 a.m.–12:30 p.m.). No programs or services other than Dining Out will be available on Furlough days. Please refer to the City's website for additional information (www.santaclaraca.gov).



Santa Clara Parks and Recreation Department
1303 Fremont St., Santa Clara, CA 95050
(408) 615-3170 • www.santaclaraca.gov • custservsrcenter@santaclaraca.gov
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM
(The office closes 30 minutes prior to the building)



SERVICES FOR SENIORS AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

	Provider	Phone/Website
Bus and lightrail passes Monthly bus and light rail pass stickers for Regional Transit Discount Card	Valley Transportation Authority	321-2300 www.vta.org
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination Services available to City of Santa Clara seniors age 60+	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure and blood glucose screening Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues Tuesdays by appointment. Services available to anyone on Medicare	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Help At Home Information, resource, and referral services for seniors at home Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am Signer must be present and provide government issued identification Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served Monday-Friday 11:30am Call one day ahead for reservations, \$2.50 donation Services available to Santa Clara County seniors age 60+	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year to seniors age 50+	AARP volunteers	615-3170

A complete listing of resources for seniors is available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

CLASSES, MEETINGS AND MORE

**Classes run monthly. It's never too late to join.
Register at the beginning of each month.**

Jazz Dance

Tuesdays • 1:00–2:00 p.m.

Register on a monthly basis; Santa Clara senior discount applies. This class is designed for those who want to strengthen their balance, flexibility, memorization and gross motor coordination. Participants will learn basic jazz dance technique, steps, combinations and routines. All levels are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **Stretch, Observe & Strengthen** your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Jazzercise with Jerome!

Monday and Wednesday • 7:30–8:30 a.m.

Join Jerome as he brings his fun filled, energizing and rejuvenating jazz technique-based program to mornings at the Santa Clara Senior Center and online at www.santaclaraca.gov. *Instructor – J. Flowers*

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold® with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Wilson*

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

NEW! Fitness for All

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor- S. Van Dyne*

NEW! Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Woodshop Orientation

October 12th & 26th • 9:30–11:30 a.m. • \$10

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

NEW! Assembling Wooden Picture Frames

October 21 • 8:30 a.m.–12:00 p.m.

Resident \$20 • Non-Resident \$25

****A wood shop orientation must be completed prior to class participation. All materials will be provided to students on the day of class.*** Participants will learn how to assemble an 11 x 14 inch picture frame using a single piece of lumber. Students will learn how to use a miter saw to cut the molding to size and to use miter clamps to assemble their frame during this one day class. *Instructor – H. Gold and T. Freitas*

HEALTH & WELLNESS, CARE MANAGEMENT

Walk 'n' Talk

Wednesdays • 10:00–11:00 a.m.

Burn some calories and meet new friends on a self-paced walk around the block (3 laps = 1.2m). We leave the lobby at 10:00 a.m., walk, then join up again on the patio for some friendly conversation (or multi-purpose room if it's too hot). There is no fee; all are welcome.

Blood Pressure Clinic

Thursdays 9:30–11:30 a.m.

Now on Thursdays! Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Walk-in Flu Clinic

October 20 • 1:30–4:00 p.m.

Flu season is upon us and the Santa Clara County Department of Public Health will be holding a walk-in flu clinic on Thursday, October 20, 1:30–4:00 p.m., in the senior center multi-purpose room. The fee for an injection is \$15 cash. There is no charge if you are enrolled in Medicare and bring with you a photocopy of your Medicare card. Parking will be limited so give yourself plenty of time – you may want to avoid the lot altogether if you can. If you are physically unable to stand in a short line, please contact Jodie or Mallory in the Health & Wellness office (408) 615-3170 to make arrangements with the SCCDPH nurses for you to receive your injection “at the curb” during the clinic hours. Light refreshments and volunteer support will be generously provided by the Women's League.

Fall Wellness Series is Underway!

We're off and running with our fall series of classes – we promise a good time and some great information. Space is still available and registration is required in advance. Classes are \$7 per class or Santa Clara senior discount is \$5/class. Here are the remaining classes:

Plan Your Final Party • Oct 13 • Course #43669

Although you obviously will not be at your own funeral (or will you?!), there's no reason you can't plan it yourself. This is not about wills & forms, but a fun discussion to begin thinking seriously about the end. *Instructor: Mallory von Kugelgen, RN, PHN.*

Creating a Safe Place • Oct 27 • Course #43670

You may think you've heard it all when it comes to safety. Come test your knowledge with a fun trivia game & see if you can learn something new about accident prevention & other aspects of safety special to older adults. *Instructor: Dawn Ngo, MA, Care Manager.*

Disaster Prep • Nov 10 • Course #43671

Are you ready for “the big one” or any other type of disaster? As we've seen this year, nobody knows when Mother Nature will throw us for a loop. Learn how to move from knowing what to do to actually doing it! *Instructor: Susan Bates, Resource Specialist.*

Actively Aging • Dec 1 • Course #43672

Frustrated by those extra pounds, achy joints, or the couch-potato habits that leave you wondering if this is as good as it gets? Fear not! Join us to explore tips, tricks, & resources to turn minutes a week into better health. *Instructors: Renee Furtado, RTC, CTRS, & Mallory von Kugelgen, RN, PHN.*

Medicare Updates with HICAP

Wednesday, October 19 • 12:30–1:30 p.m.

Are you new to Medicare, or would you like to learn about changes to Medicare? Marta Avelar from COA Silicon Valley – HICAP (Health Insurance Counseling and Advocacy Program) will present an overview of Medicare using the Santa Clara County Medicare Consumer Guide. In addition she will highlight new benefits, upcoming enrollment period deadlines, and extra help with Medicare Part D prescription drug coverage. Find out if you are eligible to save money on prescription drug coverage!

Clutter Masters

**2nd and Last Thursday of each month
10:30 a.m.–12:00 p.m.**

Please join us for support and information.

A Few Good Men

Fridays • 12:30–2:00 p.m.

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform (www.santaclaraca.gov).

Dining Out

Served Monday-Friday • 11:30 a.m. • \$2.50 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced, hot lunch. Menus, constructed by a dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+. Please Note: The Dining Out program will be open on the City furlough day, Friday October 7. The building will be open from 10:30 a.m.–12:30 p.m., on that day.

Senior Shred Day

Friday, October 14 • 9:00 a.m.–12:00 p.m. • Santa Clara Senior Center, Harrison Street Parking Lot

Are you a Santa Clara senior who is being buried in piles of unnecessary paper work? You are not alone and we can help. We encourage you to take advantage of a partnership between the City of Santa Clara and the Silicon Valley Chapter of the Association of Records Managers and Administrators (ARMA) when they provide a free Senior Shred Day at the Santa Clara Senior Center. Seniors may bring up to four cubic feet of material to shred. If you can't attend on Friday morning you may consider dropping off your materials early. Locked, secure containers will be available at the Senior Center beginning Tuesday, October 11. Are you unsure of what can be thrown away and what you need to keep? ARMA's Record Retention Schedule provides detailed information regarding document/record retention and storage requirements. Visit the Senior Center in person for a copy or visit us online at www.SantaClaraCA.gov. Feel free to call the Senior Center with questions.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:30 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta	Tue Sat	12:00-4:00 p.m. 9:00-11:30 a.m.	Rm 232 • Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Rm 232	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:30 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
<div>3</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3</div>	<div>4</div> <div>ADVENTURES TO GO: DAY IN SONOMA 8:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance Nob Hill Sounds • 7:30-10:30pm</div>	<div>5</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3</div>	<div>6</div> <div>Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance SERENADERS • 7:30-10:30pm</div>	<div>7</div> <div>DINING OUT 10:30-12:30 CENTER CLOSED CITY FURLOUGH DAY</div>	<div>8</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>
<div>10</div> <div>CENTER CLOSED COLUMBUS DAY HOLIDAY</div>	<div>11</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance Ted's Musik Makers • 7:30-10:30pm</div>	<div>12</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3</div>	<div>13</div> <div>ADVENTURES TO GO: APPLE HILL 8:00 CLUTTER MASTERS 10:30-12:00 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance CASUALS • 7:30-10:30pm</div>	<div>14</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15</div>	<div>15</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>
<div>17</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3</div>	<div>18</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance Geri Foley, DJ • 7:30-10:30pm</div>	<div>19</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3</div>	<div>20</div> <div>ADVENTURES TO GO: GOLDEN GATE FIELDS 10:00 WELCOME NEWCOMERS! 10:30 LUNCH MEET 12:30-1:30 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY, D.J. • 7:30-10:30pm</div>	<div>21</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15</div>	<div>22</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>
<div>24</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3</div>	<div>25</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance • Halloween Theme The Casuals • 7:30-10:30pm</div>	<div>26</div> <div>LET'S TALK TRAVEL 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3</div>	<div>27</div> <div>ADVENTURES TO GO: COLMA CEMETERIES 8:30 CLUTTER MASTERS 10:30-12:00 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS • 7:30-10:30pm</div>	<div>28</div> <div>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15</div>	<div>29</div> <div>Snack Bar, Computer Lab, Billiards 9-11:30</div>
<div>31</div> <div>HALLOWEEN PARTY 12:15 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3</div>	<div></div>				

September 2011

Dining Out Reservations (408) 615-3174


Monday	Tuesday	Wednesday	Thursday	Friday
10/3 Roast Pork w/Applesauce, Whole Grain Pasta, Green Peas, Red Cabbage Slaw, Fresh Fruit in Season	10/4 Beef Enchilada w/Cheese, Spanish Rice, Chuck wagon Corn, Garden Vegt. Salad w/ Ranch Dressing, Banana	10/5 Roast Chicken, Imperial Brown Rice, Spinach, Capri Blend Vegetables, Fortified Juice, Chocolate Chip Cookie	10/6 Beef Hamburger Patty w/ Cheese, Country Potato Salad, Carrot Raisin Salad, Fresh Orange	10/7 Chicken Marsala, Corn Chowder Soup, Peas & Carrots, Vegetable Pasta Salad, Fortified Juice, Coconut Cake

Alternate Meal Oct. 3-7 – Chinese Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger. 

10/10	10/11	10/12	10/13	10/14
Holiday No Meal	Chicken Cacciatore, Whole Grain Pasta, Italian Blend Vegetables, Spinach Romaine Salad, Fortified Juice, Ice Cream	Meatloaf w/Gravy, Rye Bread, Parslled Potatoes, Chuck wagon Corn, Tropical Fruit Cup	10/13 Baked Fish w/Dill Sauce, Tuscan Meaty Bean Soup, Herbed Brown Rice Plaf, Peas & Pearl Onions, Confetti Coleslaw, Pineapple Tidbits, Fruit Pie	10/14 Hot Turkey Sandwich, w/ Gravy, Whipped Potatoes w/Gravy, Country Trio Vegetables, Fresh Pear

Alternative Meal Oct. 10-14 – Chef Salad or Vegetarian Cottage Cheese or Roast Pork Sandwich or Vegetarian Patty Burger.


10/17	10/18	10/19	10/20	10/21
Spaghetti w/Meatballs, Garlic Bread, Oregon Bean Medley, Marinated Zucchini Salad, Fresh Fruit in Season	Roast Beef w/Gravy, Whipped Potatoes w/Gravy, Mixed Vegetable, Fortified Juice, Oatmeal Raisin Cookie	10/19 Ham & Cheese Sandwich, Split Pea Soup w/Ham, Green Pea Salad, Marinated Spring Garden Salad, Fortified Juice, Lemon Poppy seed Cake	10/20 Honey Mustard Chicken, Seasoned Brown Rice, Capri Blend Vegetables, Tossed Salad w/Ranch Dressing, Fresh Orange	10/21 Home-style Turkey Patty w/Mushroom Sauce, Delmonico Potatoes, Calif. Blend Vegetables, Spiced Apples

Alternative Meal Oct. 17-21 – Greek Chicken Salad or Vegetarian Bean Salad or Tuna Tuna Sandwich or Vegetarian Patty Burger. 

10/24	10/25	10/26	10/27	10/28
Roast Pork w/Gravy, Whipped Potatoes w/Gravy, Spinach, Pineapple Tidbits	10/25 Egg, Potato & Cheese Burrito, Beef Barley Soup, Pinto Beans, Mixed Green Salad w/Ranch Dressing, Fortified Juice, Apple Streusel Cake	10/26 Beef Salisbury Patty, Diced Potatoes w/Gravy, Peas & Carrots, Fresh Orange, Molasses Cookie	10/27 Roast Turkey w/Gravy, WG Bread Dressing, Whipped Sweet Potatoes, Cut Green Beans, Citrus Fruit Cup	10/28 Filipino Chicken Adobo, Rice Noodles, Asian Blend Vegetables, Romaine Iceberg Salad w/French Dressing, Banana

Alternative Meal Oct. 24-28 – BBQ Chicken Salad w/Egg or Vegetarian Cottage Cheese Salad or Pastrami Sandwich or Vegetarian Patty Burger. 

10/31	
Roast Beef w/Gravy, Minestrone Soup, Normandy Blend Vegetables, Diced Potato, Fresh Pear, Halloween Cookie	<h1>Happy Halloween</h1>

Alternative Meal Oct. 31 – Chef Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger. 

DINING OUT



= Higher in sodium

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Frank Kadlecek, Foster Lopes, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings

4th Monday of each month-10:00 a.m.

Room 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings. Feel free to join the discussion or share your opinions on matters important to you.

Drop-In Crafts

Thursdays · 1:00-3:00 p.m. · Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Your interests may include basketry, crochet, embroidery, calligraphy, knitting, drawing, origami, quilting or scrapbooking. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Enjoy seeing what others are creating and share tips and ideas! Crafters are expected to bring their own materials, and to clean up after themselves. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Lunch Meet

October 20 · 12:30 p.m.

Emergency Preparedness

Do you know how to recognize and correct any fire hazards that may exist in your home? Are you prepared for the "Big One"? When should you call 911 and will emergency responders know who to contact if you are unable to speak for yourself? Join us as Santa Clara Fire Department Battalion Chief Mike Ryan addresses these issues, the "File of Life", and more. Lunch Meet is a free drop in program which meets the third Thursday of each month from 12:30-1:30 p.m. Feel free to bring your lunch if you'd like.

Santa Clara Women's League

2nd Tuesday of each month · 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

Santa Clara Men's League

4th Thursday of each month · 11:30 a.m.

The Men's League gets together for lunch, informational speaker, and socialization. Speaker topics vary from each month. Membership information is available at the Santa Clara Senior Center. New members are always welcome.

Woodshop

Tuesdays and Thursdays · 8:00 a.m.-12:00 p.m.

Donations Accepted Residents \$3 · Non-Residents \$5

(Donations accepted are used to replenish consumable woodshop supplies) The Woodshop is a great place to work on small projects and repairs. Join our volunteers and enjoy the art of woodworking. Registration/Release is needed to participate.



Lapidary

Thursdays and Fridays · 9:00 a.m.-1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate.

Welcome Newcomers

3rd Thursday of each month

10:30-11:30 a.m. · Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. We'll share some history of the center, describe our role in the community, and let you in on the secret to our success. You will get to ask questions and we'll do our best to provide thoughtful answers; an escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary and the service is free of charge.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open Monday–Friday 7:00 a.m.–4:30 p.m. • Saturday 9:00–11:30 a.m. (Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool:

- Water temperature ranges from 81 to 84 degrees F.

Warm Water Pool:

- Water temperature ranges from 90 to 94 degrees F.

Spa:

- Water temperature ranges from 97 to 101 degrees F.



Get clean before you get in.

Shower with soap before jumping in. What you can't see on your skin ends up in the pool, such as bacteria, lotions, or body oil. This is hard on the equipment and is not safe for your fellow swimmers. Please help us keep the pools safe and healthy for all to enjoy.

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m. •

Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 & #3 are always designated for swimmers only.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00-11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00-11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...Carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclaraca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

Day/Overnight Trips

Day In Sonoma, October 4
Apple Hill, October 13
Golden Gate Fields, October 20
Colma Cemeteries, October 27
Reno Getaway, November 1-3
Reno Golf Pkg., November 2
Reno Dinner & Show Pkg., November 2
Budweiser & Jelly Belly Tour, November 10
Marine Mammal Center & Pier 39, November 16
Poinsettias, Cheese, and Chocolate, November 30
Christmas Creche Exhibit, December 6
Shopping In Union Square, December 8
Beach Blanket Babylon, December 11

New Trips

New trips were released at *Let's Talk Travel* on September 28. Resident Registration began at that time and Non-resident Registration began on the following Monday. For trip details, see the October issue of the *Adventures to Go Newsletter*. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center.

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Colma Cemeteries

No. 43706 • Thursday, October 27

Fee: \$82 per person

Activity level: MEDIUM/HIGH – long periods of standing with walking over uneven ground; wear comfortable walking shoes and dress in layers.

On this Halloween time tour, join renowned guide Gary Holloway for a visit to the most famous cemetery in the Bay Area, Cypress Lawn. Founded over a century ago, this burial ground covers hundreds of acres and is the final resting place for many of our most famous Northern Californians, such as Lily Coit, the Spreckels, Floods, Hearsts, Crockers, Tevis' (Wells Fargo Bank), Howards (Seabiscuit), Larkins, Halladie (cable car inventor) and John McLaren of Golden Gate Park fame. We will do a walking tour the east side of the Cemetery in the morning, followed by a hosted lunch at an area classic, Joe's of Westlake. Lunch will include entrée of your choice: Italian Pot Roast, Chicken Scaloppine, Filet of Sole, or Pasta and Veggies with Red Sauce. All meals will include a salad, dessert, and coffee, tea, or soft drink. In the afternoon we'll walk the west side of the Cemetery, finding several acres of stained and art glass, the largest selection of any cemetery in America. You will be overwhelmed by its intensity and beauty. *Bus leaves promptly at 8:30am and returns at approximately 5:30pm.*

Let's Talk Travel!

Next meeting: October 26, 12:30

Extended Trip Presentation by Kanen Tours

Join us and *Let's Talk Travel*! We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*. Call (408) 615-3170 for more information.

ADVENTURES TO GO

Reno Getaway

No. 43707 • Tuesday-Thursday, November 1-3

Fee: Per person: \$179 double occupancy, \$224 single occupancy

Optional Packages:

- Golf – No. 43708 • Wed., Nov. 2 • \$75 per person
- Dinner & Show – No.43709 • Wed., Nov. 2 • \$49 per person

Activity level: MEDIUM – Approx. 5 hour drive to and from Reno with short stop.

Join us for our yearly getaway to Reno. We will travel by deluxe motor coach and make a stop along the way for breakfast before heading to our deluxe accommodations at the Silver Legacy Hotel & Casino. Receive a casino bonus of \$5 cash and a \$3 food credit. You will have plenty of free time to gamble or do what you please. Golfers will enjoy the optional Golf Package at the Red Hawk Resort in Sparks. Price includes transportation to and from the course, morning tee time, green fees, cart, and range balls. Theatre lovers will enjoy the optional dinner and show package at the El Dorado. We will start with a wonderful buffet with so many food options you won't know where to begin. After dinner we will make our way to the beautiful El Dorado Showroom to see Hairspray, the Broadway hit musical that is sure to provide an evening of fun and laughter. Please note: meals are not included in this package. *Bus leaves promptly at 8:30am on Tuesday and returns at approximately 5:00pm on Thursday.*

Budweiser and Jelly Belly Tour

No. 43710 • Thursday, November 10

Fee: \$84 per person

Activity level: MEDIUM – Approx. 2 hour drive; periods of walking, standing, and sitting.

Visit the Anheuser-Busch factory for a guided tour...learn what makes Budweiser the KING OF BEERS! We'll taste exotic brews that aren't available in local stores. Next we'll enjoy a hosted lunch at Fenton's Creamery. Choose from a Philly Cheese Steak Sandwich, Grilled Chicken Club, or Fenton's Cheeseburger. All lunches include golden French fries, a fountain drink, and a sundae for dessert. After lunch we'll visit the Jelly Belly factory where you'll smell the aroma of chocolate, peach, cinnamon, pineapple, or whatever is being cooked up that day. During the walking tour, a Jelly Belly tour guides will show you the real working factory where they cook up over 150 different sweet treats. Learn the secrets to how the legendary Jelly Belly jelly bean is created, and discover why it takes more than a week to make a single bean. *Bus leaves promptly at 8:00am and returns at approximately 6:00pm.*

Marine Mammal Center & Pier 39

No.43711 • Wednesday, November 16

Fee: \$104 per person

Activity level: MEDIUM – long periods of walking and standing; wear comfortable walking shoes and dress in layers.

We're traveling to Sausalito for a guided tour of Marine Life Mammal Center. A docent will lead participants around the exhibits and viewing areas, provide insights into the work of the Center, and share stories about the seal and sea lion patients. Then we'll head over to Pier 39 in San Francisco for a hosted lunch at Pompeii's Grotto. Entrée choices include Shrimp Louie, Grilled Fresh White Fish, Bowl of Clam Chowder and 1/2 Shrimp Sandwich or Grilled Chicken Sandwich. The meal will also include a green salad, dessert, and coffee, tea or soda. After lunch we'll visit the Aquarium of the Bay where we'll explore the wonders of the SF Bay as we walk through 300 feet of crystal clear tunnels surrounded by 20,000 of the bay's most fascinating marine mammals. Touch live leopard sharks, bat rays, and an extensive variety of tide pool animals. *Bus leaves promptly at 8:00am and returns at approximately 6:00pm.*

Christmas Crèche Exhibit

No. 43725 • Tuesday, December 6

Fee: \$72 per person

Activity level: MEDIUM – long periods of walking and standing; wear comfortable walking shoes.

Whether called the French crèche, the Italian presipio, the German krippe, the Spanish nacimiento, or the English crib, the depiction of the nativity scene is one of the oldest and most beloved Christmas traditions. While focusing on the central figures of the mother Mary and the Christ Child, crèche artists often telescope time and place to bring together a host of earthly and heavenly participants - shepherds, animals, and angels. Each crèche offers a unique representation, reflecting the culture and perspective of artists around the world. You find many unique artist medians represented such as abalone, bamboo, coconut shell, clay, corn husk, fir, glass, porcelain, mod podge, marble, raku pottery, straw, tapestry, teak and many more. Afterward we'll share a meal together at the California Cafe and free time for Holiday Shopping at the Stanford Mall. Menu selections include Asian Chicken Salad, Grilled Chicken Sandwich, Angel Hair Pomodoro or Grilled Angus Cheddar Burger. All meals include dessert and beverage. *Bus leaves promptly at 10:00am and returns at approximately 5:00pm.*